Question
Posted by Kerrie91 - 29 May 2011 02:59

Recently I have been having dreams of my grandpa and another man It seems so real its nothing like a dream and my grandpa is talking to me but I just can't seem to remember what he is saying any tips on how I could remember do you think it could be a important message?

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Re: Question
Posted by crystalcross - 05 Jan 2012 01:25

Janatnotts wrote:

I believe we travel to the spiritual realm often when we sleep but most of the time have no memory of it.

You bring up such a wonderful point! Actually a wonderful lady and sensitive named Maria had a chat with me about this exact subject one day. And she said, just as you indicated, that we often travel when we're asleep. And then when we wake we have things on our mind, and wonder where it came from but do not remember the details.

She also went on to say that if you tell your inner self (before you go to sleep) to REMEMBER, and say it with authority as if you were talking to your subconscious self... If you do that several times, you will remember your dreams and will remember more details. I tried it, and it actually works quite well.

Just sharing it forward! Knowledge is meant to be shared!

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Re: Question
Posted by Kerrie91 - 05 Jan 2012 04:01

Sorry it took so long to respond but yes it is a white light one of the brightest I've ever seen so peaceful and calm also it's been a couple months sine I've had contact

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